



The Journal

Vol. 28

No. 36

www.dcmilitary.com/journal/

September 8, 2016

**Students Trade Summer
Break for Medical
Training**
Page 4

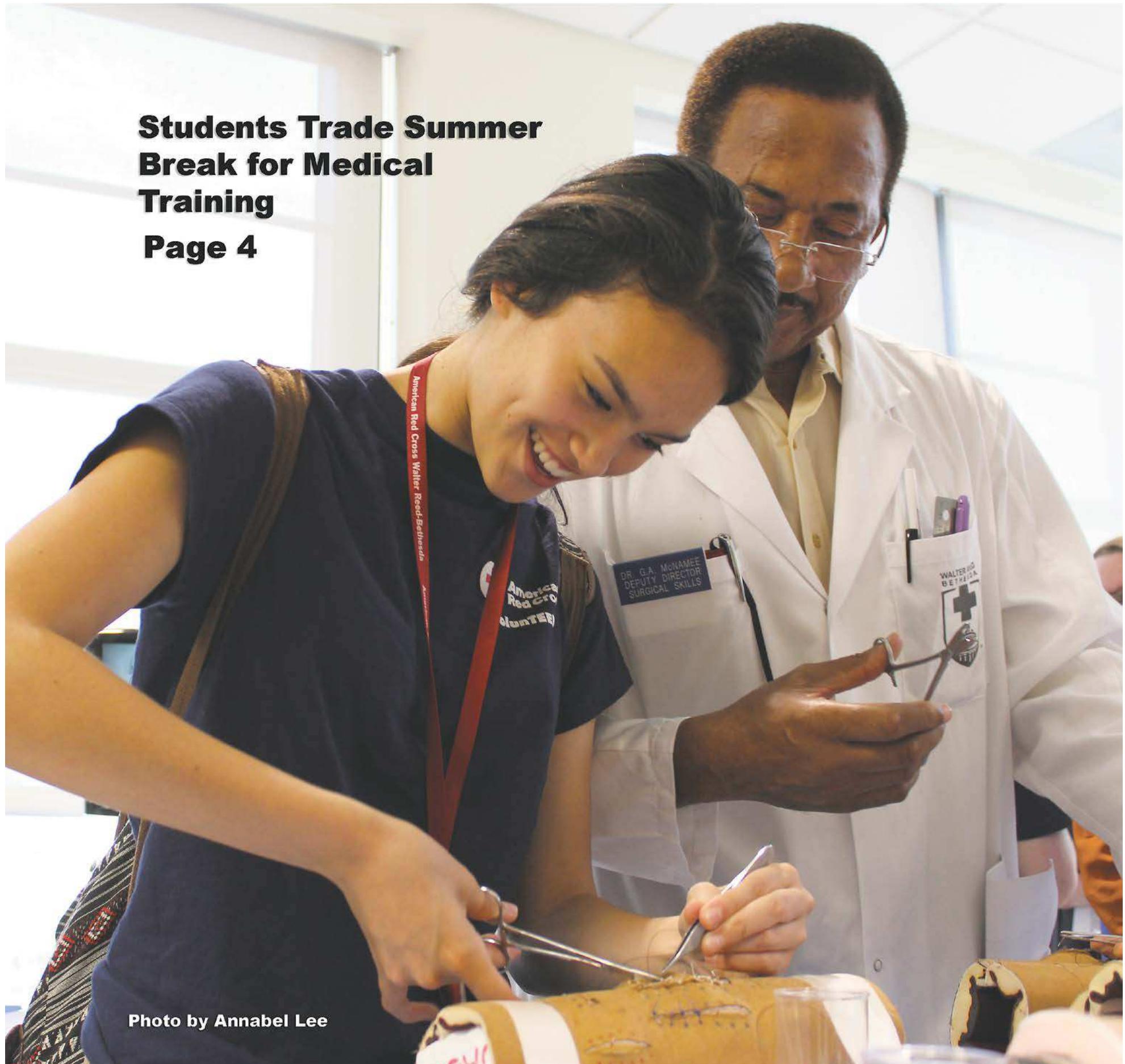


Photo by Annabel Lee

13th MCPON Retires, 14th Takes Charge

By MC1 Martin L. Carey
Office of the MCPON

WASHINGTON (NNS) — Master Chief Petty Officer of the Navy (MCPON) Michael D. Stevens was relieved by Fleet Master Chief Steven S. Giordano during his retirement and change of office ceremony held on Washington Navy Yard Sept. 2. Stevens served as the 13th MCPON for the past four years and served over 33 years on active duty.

"I will forever be humbled by the opportunity I was given to serve in the United States Navy and be trusted to lead and advocate for America's greatest treasure — those that wear the cloth of our nation and have sworn an oath to protect and defend the Constitution of the United States against all enemies foreign and domestic," Stevens said during his speech.

He continued, speaking about his service as the 13th MCPON.

"I've often been asked 'What was your number one goal as the MCPON?' My answer has never changed — 'As a leader, it has always been my primary goal to establish and maintain the conditions that provide all of our people with the opportunity to be successful. And to do this while treating one another with dignity and respect,'" said Stevens.

He concluded, "Tonight I will remove my uniform for the last time and will not wear it again until my eternal rest—but I do this with a smile on my face, knowing that I will always be a Sailor that served in the greatest Navy in the world."

After Stevens spoke, he and Giordano conducted the ceremonial 'Passing of the Cutlass,' symbolizing the change of office, and Giordano assuming the title of the 14th MCPON.



PHOTO BY MC1 MARTIN CAREY

Master Chief Petty Officer of the Navy (MCPON) Steven Giordano delivers remarks during MCPON Stevens' Change of Office & Retirement Ceremony held at Adm. Leutze Park on Washington Navy Yard. Stevens served as the 13th MCPON for four years, and turned over responsibility to Giordano as the 14th MCPON.

Giordano then delivered remarks saying, "Admiral, I am honored to have been afforded this opportunity and it is one I do not take lightly."

He continued, "Now with one foot anchored smartly on the history and heritage of our service, and one foot stepping forward into the future, I look forward to serving this great Navy of ours as the 14th master chief petty officer of the Navy with

all the reverence, respect and action incumbent on the office."

Following the ceremony a small reception was held where friends, loved ones and shipmates bid MCPON Mike and Theresa Stevens farewell and welcomed MCPON Steven and Elka Giordano.

For more news from master chief petty officer of the Navy, visit www.navy.mil/local/mcpn/.

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Bethesda Notebook

4th Annual Freedom 5K

Morale Welfare & Recreation (MWR) is scheduled to hold its 4th annual Freedom 5K starting at the MWR Sports Complex. Check in begins at 9:30 a.m. and the race will begin at 11:00 a.m. The event is free for Active Duty and \$5 for all others. The first 200 people to register will receive a t-shirt and a race number. A light lunch will be served after the completion of the run.

Caring for Transgender Persons

A two-day presentation focused on "Caring for Transgender Persons in a Changing Environment" will be Sept. 13-14 in Memorial Auditorium at Walter Reed Bethesda. To register or for more information about the event, contact Janis Flemming at: jflemming@deploymentpsych.org or Nicole Myles at: Nicole.myles.civ@mail.mil.

Air Force Birthday

The Air Force's 69th birthday is Sept. 18, and Walter Reed Bethesda will celebrate it with a special observance on Sept. 15 followings colors at 8 a.m. in front of the Tower. Everyone is invited to attend, with formation beginning at 7:45 a.m.

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Be Prepared, Make a Family Emergency Plan

By Andrew Damstedt

As part of National Preparedness Month, the Naval Support Activity Bethesda (NSAB) Emergency Management Department is promoting the importance of making a family emergency plan.

"Every individual or family should have a preparedness plan, complete with a list of contacts during an emergency," said Les Hiatt, NSAB deputy emergency manager. "Making an emergency preparedness plan empowers you. It saves lives, property and time, and reduces stress."

Throughout September, the emergency management department along with the Fleet and Family Support Center (FFSC) and American Red Cross volunteers will set up outreach tables to hand out information on how to prepare a family emergency plan as well as resources on how to prepare for different types of emergencies.

"National Preparedness Month is trying to encourage individuals and families to have a preparedness plan, and a list of contacts in case there was an emergency," said Abby Patel, FFSC emergency case manager. "In case a natural disaster were to happen it's better to be prepared."

The FFSC has lists of resources throughout the installation, and can

advise people on how to set up family emergency plans. One component of that plan is making a home escape plan, Patel said.

"The plan should be tailored to the type of situation that you may undergo, for instance, an escape plan for a fire and an escape plan for a home invasion might be different," Patel said.

Each plan should include a meeting place, both in the neighborhood, such as a mailbox or a neighbor's house; and outside of the neighborhood, which could be a library, community center or place of worship. A location outside of town should also be determined which can be a home of a relative or family friend and make sure everyone in the family knows the address and find ways to get there.

A map of each floor in the house should be marked to indicate where windows and smoke alarms are located. There should be at least two ways to get out of each room – usually a door or a window. Each family member should know where the emergency kit is located.

"Put your exit plan to work by practicing it as a family at least twice a year," Hiatt said.

See **PREPARED**
Page 6



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Source: www.ready.gov

Soldiers Inducted Into Time-Honored Corps

By MC1 Christopher Krucke
and Bernard S. Little
WRNMMC Public Affairs

During a ceremony steeped in Army tradition, the Non-commissioned Officer (NCO) Corps at Walter Reed National Military Medical Center inducted 12 Soldiers into its ranks on Sept. 1 in Memorial Auditorium.

According to Army Staff Sgt. Brandon Ruedi, master of ceremony for the induction, "[it] is designed to enhance the prestige and esprit de corps of all NCOs, [and] formally marks the passage of a Soldier into the NCO Corps."

"Since 1775, the U.S. Army has set NCOs apart from other enlisted Soldiers by distinctive insignia of grade. With more than 200 years of service, the U.S. Army NCO Corps has distinguished itself as the world's most accomplished group of military professionals. Historical and daily accounts of NCOs are exemplified by acts of courage, dedication, selfless service and a willingness to do whatever it takes to complete the mission," Ruedi stated.

"We have to continue to uphold our standards and traditions, [and] ceremonies of this nature hold true for the importance of NCOs and how they support the Army mission," said Command Sgt. Maj. Michelle Jones, host for the induction.

See **CORPS**
Page 6



PHOTO BY MC1 CHRISTOPHER KRUCKE
Army Sgt. Andrew Brown passes through a ceremonial archway and raised swords to symbolize his advancement into the ranks of the Non-Commissioned Officer Corps during the induction ceremony Sept. 1 at Walter Reed Bethesda.

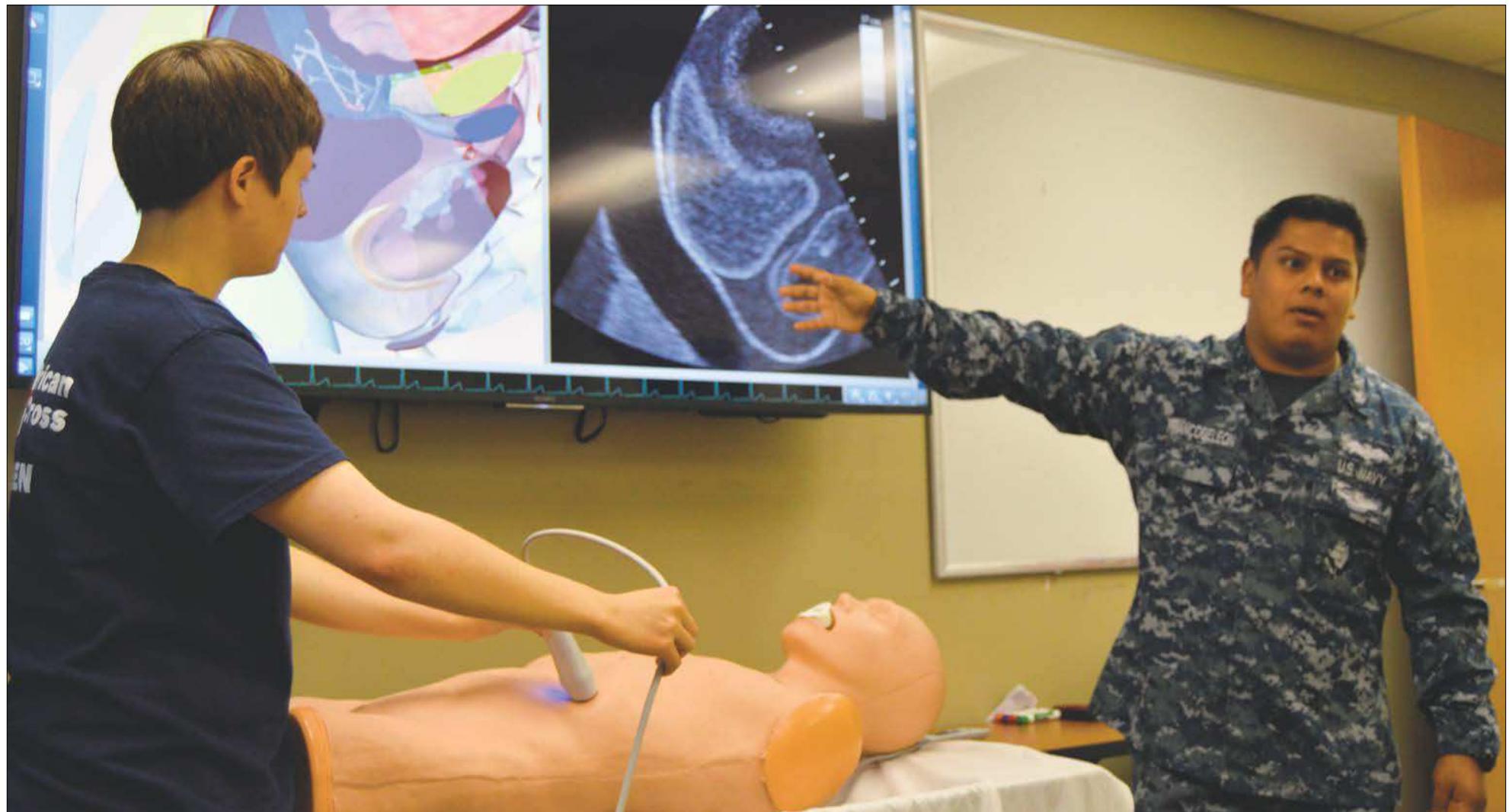


PHOTO BY VALERIE MYERS

As part of the VolunTeen program, students were assigned to departments such as audiology, dermatology, hematology, psychiatry, and pediatrics.

High Schoolers Gain Hands-on Medical Experience

By Valerie Myers and Annabel Lee
2016 Red Cross VolunTeens

This summer at Walter Reed National Military Medical Center more than 50 local high school students participated in the American Red Cross VolunTeen Program. The students received hands-on experience learning what it's like to be in a hospital setting and work in a Military Treatment Facility by engaging with patients, service members, and other Red Cross volunteers.

Students were assigned to departments such as audiology, dermatology, hematology, psychiatry, and pediatrics. Besides answering phone calls and organizing files for the staff, the students supported doctors, nurses, and technicians and even observed medical procedures and processes. Some students were also assigned to the Red Cross office, where they helped other Red Cross volunteers deliver coffee, snacks, and toys to the patients and families receiving care inside the medical center.

"I've really liked it so far," said Alyssa Yu, teen volunteer in the Pediatric Hematology/Oncology Department. "I think it's a really cool experience. It's different from other things that I would otherwise do because of my age. Before going here, I wasn't that



A 2016 VolunTeen tries out the Computer Aided Rehabilitation Environment (CAREN) an immersive virtual reality system.

into the medical field. To be honest, I thought it was cool instead of doing camp counseling or something, but now that I'm here, especially with Medical Awareness for Teens (MAT), I'm actually a lot more interested in it. Surgery seems really fun ... And I really like the new research that they [the doctors] are showing."

The competitive application process for the program began in the spring,

when high school students submitted a teacher's recommendation and essays regarding their interest in the medical field, challenges they have faced in the past and relevant volunteering experiences. There were 59 students chosen to participate in the six-week program that included a new educational component each week, called Medical Awareness for Teens (MAT). The educational events

created opportunities to learn in an interactive way and take a closer look at a few departments within the Military Treatment Facility.

The MAT Program was divided into five parts over the summer: Common Medical Diagnosis, Amputee Clinic, Radiation Oncology/Radiology, Simulation Center, and Occupational Therapy. In these briefings students had the opportunity to hold plastic body parts while learning about common medical diagnoses and even got to touch a real brain. The students were able to participate in the Computer Aided Rehabilitation Environment (CAREN) an immersive virtual reality system. Also, the students were taught basic suturing skills and were able to practice these skills in the Simulation Center.

"[MAT] brings much more hands-on experience than what my actual job entails," high school senior Tristan Hanlin said.

Through the work in their departments and MAT, the VolunTeens were able to get an idea of what the medical field entails and what they could pursue in the future. Not only will the students have earned hours for their student service learning this summer, but also gained an invaluable experience that can be applied in future careers.

USU Student Competes in Ironman 70.3 World Championship

By Sarah Marshall
USU Media Affairs Officer

Air Force Lt. Col. Elizabeth Erickson competed in the Ironman 70.3 World Championship on Sept. 4, biking, running and swimming more than 70 miles along Australia's Sunshine Coast.

Erickson is a resident in the General Preventive Medicine program and currently working on her Master of Public Health degree at the Uniformed Services University of the Health Sciences (USU). She's also a board-certified family physician. In June, she competed in the Ironman 70.3 Hawaii Triathlon, where she qualified for the World Championship, which took place in Mooloolaba, Australia. The 70.3 distance race is half the distance of the full Ironman triathlon, which takes place each year in October in Hawaii.

"I was shocked," she said, when she learned she had earned a spot in the World Championship. She had just finished a 1.2 mile swim, 56 mile bike, and 13.1 mile run – all in about five hours and 38 minutes. Right then and there, she had to decide whether she would go on to participate in another trying competition, more than 10,000 miles away. It was an emotional decision,



PHOTO COURTESY AIR FORCE LT. COL. ELIZABETH ERICKSON

Air Force Lt. Col. Elizabeth Erickson competed in the Ironman 70.3 World Championship in Australia on Sept. 4, placing 78th out of 137 in her age group. Erickson is a resident in the General Preventive Medicine program and is currently working on her Master of Public Health degree at the Uniformed Services University of the Health Sciences.

she said, but she opted to go for it.

Erickson finished the World Championship in about five hours and 44 minutes, placing 78th out of 137 in her age group. Sporting Air Force gear, representing the U.S. military and USU, she competed with about 3,000 athletes from around the world, including many of the world's top triathletes. To qualify for a spot at the World Championship, more than

130,000 athletes participated in a series of races that included more than 85 events around the world. Those who qualified for the Ironman 70.3 World Championship ranged in age from 18 to 75-plus, and represented more than 70 countries.

Erickson is no stranger to tough competition, having participated in many Olympic- and sprint-distance triathlons and running races from

5Ks to marathons over the years. She's completed 13 marathons over the last 22 years, to include the Boston Marathon, which she did this year for the first time and for which she hopes to qualify again next year. She began increasing her training for triathlons in the last few years and started working with a coach earlier this year. She tracks her training efforts via a GPS watch and apps on her phone, logging about 10 to 15 hours each week. She often trains on base in the pool and track, and said she maintains a well-balanced diet.

As one can imagine, though, balancing family life, military obligations, school, and triathlon training is no easy feat. What's kept her motivated, though, is knowing she's setting a good example for her daughter. Erickson also added she does her best to live a healthy lifestyle, "practicing what she preaches," as a physician.

She took everything in stride as she geared up for the unique opportunity to compete against athletes from around the globe.

"I am really excited to have qualified for the world championship, and it will be a true honor to represent the U.S. and the U.S. Air Force in Australia," she said prior to the race.

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PREPARED

From
Page 3

American Red Cross Bethesda Senior Station Manager Marin Reynes said the Red Cross offices on base have brochures on how to prepare for an emergency as well as what to include in an emergency kit.

She said the brochures might have items that people wouldn't commonly think of to include in an emergency

kit like extra prescription medications and extra pet supplies.

Another component of the family emergency plan is writing down important phone numbers and addresses, including home, school, work and other places that are frequently visited by family members.

Also include an out-of-town contact that family members can reach in case of an emergency. The list should also include the phone numbers for the

Quarterdeck, command duty officer, ombudsman, and NSAB's dispatch as well as the Navy-wide emergency call center at 1-877-414-5358 or TDD number, 1-866-297-1971.

Other numbers to include are doctors, dentist, pharmacy, veterinarian and kennel for pets.

Hiatt said the family emergency plan should also indicate family member's names, birth date, Social Security numbers, driver's license number, passport number, prescriptions/

medical information and insurance policy numbers for medical, dental, homeowners/renters, auto, life.

Instructions on how to turn off the home's utilities should also be included in the family emergency plan because the ventilation system or other utilities might need to be turned off, Hiatt said. He advised to write the locations and instructions for the controls and keep any tools necessary with the emergency kit..

"Like a fire and evacuation plan, this is a good thing to review and practice with the whole family," Hiatt said.

Important personal and financial records should also be kept with the emergency supply kit and ones that aren't regularly used should

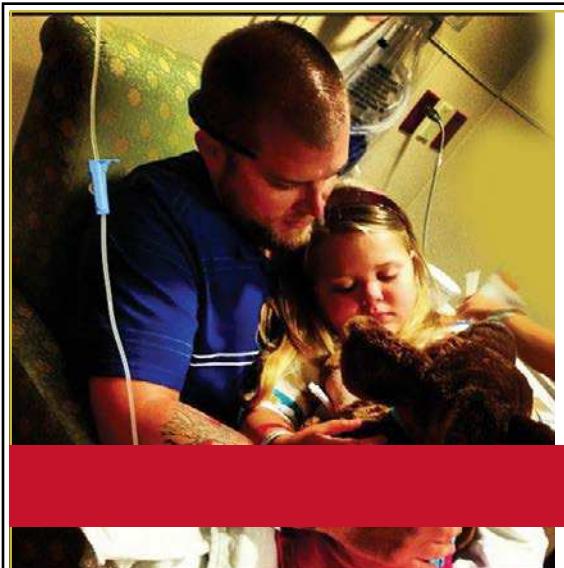
be kept inside a water-and-fire proof container that can be transported in case of an emergency, he said.

Personal records can include military ID cards, driver's licenses, birth certificates/adoption records, Social Security cards, passports, citizenship papers, marriage licenses, divorce records, vehicle registration/ownership records, medical records, immunization records, power(s) of attorney (personal/property), wills, and a household goods inventory from the last three permanent-change-of-station moves.

Financial records include bank/credit union statements; credit/debit card statements; income records such as government benefits, child support, and

alimony; mortgage statement or lease; electric, gas, and water bills; health insurance cards and record; auto, property and life insurance records; tax returns and property tax statements; and investment/retirement account records.

For more information, visit www.ready.gov or contact the NSAB Emergency Management office 301-295-2219 or 301-319-2554 to get pamphlets and ideas on how to make a family emergency plan, or visit www.redcross.org. The U.S. Department of Defense Web site also has a special report for National Preparedness Month at www.defense.gov/News/Special-Reports/National-Preparedness.



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CORPS

From
Page 3

The senior enlisted leader for US. Army

Element-North, Regional Health Command Atlantic (Provisional) at WRNMMC, Jones encouraged the newly-inducted NCOs to "keep striving for the top. The sky's the limit," she said. "If you shoot for the moon, you will be among the stars. Keep training, studying, and value the mentorship that is given to you," she added.

One of the newly-inducted NCOs, Sgt. Kenneth Furgason, said the insignia he now wears is "a little bit heavier." He explained with advancement comes more responsibilities, including taking care of more Soldiers who are now his junior. The advice he gives them is to "keep putting your best foot forward, and even if you mess up, that's not the end of things; you can always come back. It's not an ending as long as you keep trying to do what's positive."

Command Sgt. Maj. Lance Thomas served as the guest speaker at the induction and encouraged the new NCOs to live by the NCO Creed and Charge for the Newly-Promoted NCO.

"Sometimes you will

forget some of the verbiage in our credo. Sometimes you might forget the verbiage of our charge, but living [them] is most important. Never, ever forget you're the backbone of [the] Army," Thomas said.

The charge requires NCOs to "discharge carefully and diligently the duties of the grade to which [they] have been promoted and uphold the traditions and standards of the Army."

All NCOs at the ceremony affirmed their commitment to their corps by reciting their creed, which each paragraph begins with the letters N, C, and O.

The creed states, "No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as 'The Backbone of the Army'..."

"Competence is my watchword. My two basic responsibilities will always be

See CORPS
Page 8

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CORPS

From
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uppermost in my mind – accomplishment of my mission and the welfare of my Soldiers...,” the creed continues.

“Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine,” the last paragraphs of the creed begins.

Paying tribute to Army

tradition during the ceremony, Soldiers wore vintage uniforms while explaining the history of NCOs, reciting the Soldiers’ Request of NCOs, and remembering their fallen comrades. Company first sergeants then lit three candles – red, white and blue – symbolizing an important part of the NCO Corps in military history. The red candle represented valor, blood, sweat and tears of NCOs from the past to the present. The

white candle represented purity, innocence, as well as the camaraderie among NCOs. The blue candle represented perseverance, justice and the strength of the corps.

The newly-promoted Soldiers also passed through a ceremonial archway and raised swords to symbolize their advancement into the NCO ranks during the induction. The ceremony concluded with the singing of the Army Song.



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Look for our event guide in Fells Point, Locust Point, and the Inner Harbor the week of the event!

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